

ABCs of Stress Management

A = Accumulate Positive Experiences

- ENGAGE IN AN ACTIVITY THAT MAKES YOU FEEL GOOD/POSITIVE/HAPPY
- DO THIS ACTIVITY DAILY - AND - ON A LONG-TERM BASIS
- ACCUMULATING POSITIVE EXPERIENCES HELPS US ACCUMULATE EMOTIONS

WHAT ARE SOME THINGS THAT CAN BE POSITIVE EXPERIENCES FOR YOU?

B = Build Mastery

- ENGAGE IN AN ACTIVITY THAT MAKES YOU FEEL CONFIDENT - AND - CONTINUE PRACTICING THIS SKILL
- FEELING CONFIDENT IN ONE AREA CAN SPILL OVER INTO OTHER AREAS.
WHEN WE FEEL WE ARE GOOD AT SOMETHING, IT IS EASIER TO FACE CHALLENGES

**WHAT ARE SOME THINGS YOU CAN DO TO BUILD MASTERY?
HOW ARE THE SKILLS YOU ALREADY HAVE HELPFUL FOR YOU?**

C = Cope Ahead

- WHEN YOU KNOW STRESS IS COMING, IMAGINE YOURSELF COPING EFFECTIVELY
- ONLY COPE AHEAD FOR THING YOU KNOW ARE COMING (NOT "WHAT IFS?")
- STEPS TO COPE AHEAD
 - DESCRIBE THE SITUATION
 - IMAGINE THE SITUATION
 - IMAGINE WAYS OF COPING EFFECTIVELY
 - IMAGINE PROBLEMS THAT COULD BE BARRIERS TO COPING EFFECTIVELY
 - IMAGINE COPING EFFECTIVELY WITH THOSE BARRIERS